

**Germantown School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/01/2019															
GHS Breakfast	Total														
Burrito, Breakfast	1T/2ozE/.5 ozC	295	235	315	3.00	2.16	180.0	450	0.0	*0	13.5	31.5	14.0	7.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		416	151	444	3.14	3.16	457.9	920	4.68	*35	17.82	63.77	11.24	5.84	*0.00
% of Calories										*33.6%	17.1%	61.3%	24.3%	12.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 04/02/2019															
GHS Breakfast	Total														
Fr Tst Stks, INDV WG -4#	4 Sticks	202	141	355	3.21	1.93	93.7	201	0.0	*N/A*	10.31	29.85	4.95	1.47	0.00
Sausage, Patty, JTM, 1	1 Patty	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	0.00
Syrup, Heinz, LoCal 1oz Skip@	1 Cup	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		393	91	428	4.55	2.94	351.9	901	23.51	*27	14.16	75.86	4.49	1.37	*0.00
% of Calories										*27.4%	14.4%	77.2%	10.3%	3.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 04/03/2019</b>															
GHS Breakfast	Total														
Egg, Can Bac & Cheese Eng Mfn	1EM/2E/1 CB/1Ch	269	228	524	3.00	2.45	244.0	350	0.0	*2	18.92	27.6	9.3	3.55	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Com\$	4 oz	204	0	8	4.00	1.20	20.0	140	4.8	48	0.8	56.0	0.4	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		535	165	584	5.50	4.17	474.8	1033	7.20	*61	21.46	98.97	7.98	2.91	0.00
% of Calories										*45.8%	16.0%	73.9%	13.4%	4.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

<b>Thu - 04/04/2019</b>															
GHS Breakfast	Total														
EggStravaganza Croissant Sand\$	1 Crsst 3oz Egg	360	255	730	3.00	2.52	190.0	650	0.0	3	17.0	31.5	19.5	7.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		499	189	764	3.66	3.33	495.8	1216	6.00	*37	22.25	68.50	16.29	6.75	*0.00
% of Calories										*30.1%	17.8%	54.9%	29.4%	12.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/05/2019															
GHS Breakfast	Total														
Sausage Bkfst Bites, 6, WG	6 Bites	420	40	860	4.00	2.16	80.0	0	0.0	10	12.0	34.0	26.0	6.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		530	33	792	5.25	2.94	371.9	790	23.76	*35	16.68	74.20	18.82	4.47	0.00
% of Calories										*26.1%	12.6%	56.0%	32.0%	7.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 04/08/2019															
GHS Breakfast	Total														
Burrito, Breakfast	1T/2ozE/5 ozC	295	235	315	3.00	2.16	180.0	450	0.0	*0	13.5	31.5	14.0	7.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		416	151	444	3.14	3.16	457.9	920	4.68	*35	17.82	63.77	11.24	5.84	*0.00
% of Calories										*33.6%	17.1%	61.3%	24.3%	12.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/09/2019															
GHS Breakfast	Total														
Fr Tst Stks, INDV WG -4#	4 Sticks	202	141	355	3.21	1.93	93.7	201	0.0	*N/A*	10.31	29.85	4.95	1.47	0.00
Sausage, Patty, JTM, 1	1 Patty	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	0.00
Syrup, Heinz, LoCal 1oz Skip@	1 Cup	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		393	91	428	4.55	2.94	351.9	901	23.51	*27	14.16	75.86	4.49	1.37	*0.00
% of Calories										*27.4%	14.4%	77.2%	10.3%	3.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Wed - 04/10/2019															
GHS Breakfast	Total														
Egg, Can Bac & Cheese Eng Mfn	1EM/2E/1 CB/1Ch	269	228	524	3.00	2.45	244.0	350	0.0	*2	18.92	27.6	9.3	3.55	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Com\$	4 oz	204	0	8	4.00	1.20	20.0	140	4.8	48	0.8	56.0	0.4	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		535	165	584	5.50	4.17	474.8	1033	7.20	*61	21.46	98.97	7.98	2.91	0.00
% of Calories										*45.8%	16.0%	73.9%	13.4%	4.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/11/2019															
GHS Breakfast	Total														
EggStravaganza Croissant Sand\$	1 Crsst 3oz Egg	360	255	730	3.00	2.52	190.0	650	0.0	3	17.0	31.5	19.5	7.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		499	189	764	3.66	3.33	495.8	1216	6.00	*37	22.25	68.50	16.29	6.75	*0.00
% of Calories										*30.1%	17.8%	54.9%	29.4%	12.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Fri - 04/12/2019															
GHS Breakfast	Total														
Sausage Bkfst Bites, 6, WG	6 Bites	420	40	860	4.00	2.16	80.0	0	0.0	10	12.0	34.0	26.0	6.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		530	33	792	5.25	2.94	371.9	790	23.76	*35	16.68	74.20	18.82	4.47	0.00
% of Calories										*26.1%	12.6%	56.0%	32.0%	7.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/15/2019															
GHS Breakfast	Total														
Burrito, Breakfast	1T/2ozE/.5 ozC	295	235	315	3.00	2.16	180.0	450	0.0	*0	13.5	31.5	14.0	7.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		416	151	444	3.14	3.16	457.9	920	4.68	*35	17.82	63.77	11.24	5.84	*0.00
% of Calories										*33.6%	17.1%	61.3%	24.3%	12.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Tue - 04/16/2019															
GHS Breakfast	Total														
Fr Tst Stks, INDV WG -4#	4 Sticks	202	141	355	3.21	1.93	93.7	201	0.0	*N/A*	10.31	29.85	4.95	1.47	0.00
Sausage, Patty, JTM, 1	1 Patty	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	0.00
Syrup, Heinz, LoCal 1oz Skip@	1 Cup	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		393	91	428	4.55	2.94	351.9	901	23.51	*27	14.16	75.86	4.49	1.37	*0.00
% of Calories										*27.4%	14.4%	77.2%	10.3%	3.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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**Germantown School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 04/17/2019</b>															
GHS Breakfast	Total														
Egg, Can Bac & Cheese Eng Mfn	1EM/2E/1 CB/1Ch	269	228	524	3.00	2.45	244.0	350	0.0	*2	18.92	27.6	9.3	3.55	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Com\$	4 oz	204	0	8	4.00	1.20	20.0	140	4.8	48	0.8	56.0	0.4	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		535	165	584	5.50	4.17	474.8	1033	7.20	*61	21.46	98.97	7.98	2.91	0.00
% of Calories										*45.8%	16.0%	73.9%	13.4%	4.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

<b>Thu - 04/18/2019</b>															
GHS Breakfast	Total														
EggStravaganza Croissant Sand\$	1 Crsst 3oz Egg	360	255	730	3.00	2.52	190.0	650	0.0	3	17.0	31.5	19.5	7.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		499	189	764	3.66	3.33	495.8	1216	6.00	*37	22.25	68.50	16.29	6.75	*0.00
% of Calories										*30.1%	17.8%	54.9%	29.4%	12.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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**Germantown School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 04/22/2019</b>															
GHS Breakfast	Total														
Burrito, Breakfast	1T/2ozE/.5 ozC	295	235	315	3.00	2.16	180.0	450	0.0	*0	13.5	31.5	14.0	7.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		416	151	444	3.14	3.16	457.9	920	4.68	*35	17.82	63.77	11.24	5.84	*0.00
% of Calories										*33.6%	17.1%	61.3%	24.3%	12.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

<b>Tue - 04/23/2019</b>															
GHS Breakfast	Total														
Fr Tst Stks, INDV WG -4#	4 Sticks	202	141	355	3.21	1.93	93.7	201	0.0	*N/A*	10.31	29.85	4.95	1.47	0.00
Sausage, Patty, JTM, 1	1 Patty	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	0.00
Syrup, Heinz, LoCal 1oz Skip@	1 Cup	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		393	91	428	4.55	2.94	351.9	901	23.51	*27	14.16	75.86	4.49	1.37	*0.00
% of Calories										*27.4%	14.4%	77.2%	10.3%	3.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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**Germantown School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 04/24/2019</b>															
GHS Breakfast	Total														
Egg, Can Bac & Cheese Eng Mfn	1EM/2E/1 CB/1Ch	269	228	524	3.00	2.45	244.0	350	0.0	*2	18.92	27.6	9.3	3.55	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Applesauce - 4.5 oz Cup, Com\$	4 oz	204	0	8	4.00	1.20	20.0	140	4.8	48	0.8	56.0	0.4	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		535	165	584	5.50	4.17	474.8	1033	7.20	*61	21.46	98.97	7.98	2.91	0.00
% of Calories										*45.8%	16.0%	73.9%	13.4%	4.9%	0.0%
Nutrient Guideline		450-600		640										<10.00	

<b>Thu - 04/25/2019</b>															
GHS Breakfast	Total														
EggStravaganza Croissant Sand\$	1 Crsst 3oz Egg	360	255	730	3.00	2.52	190.0	650	0.0	3	17.0	31.5	19.5	7.75	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Fruit, Assorted Chilled - 4 oz	#8 spoodl e-4oz	65	0	7	1.38	0.42	8.3	184	3.3	*12	0.51	16.84	0.04	0.00	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		499	189	764	3.66	3.33	495.8	1216	6.00	*37	22.25	68.50	16.29	6.75	*0.00
% of Calories										*30.1%	17.8%	54.9%	29.4%	12.2%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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**Germantown School District**

**Apr 1, 2019 thru Apr 30, 2019**

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/26/2019															
GHS Breakfast	Total														
Sausage Bkfst Bites, 6, WG	6 Bites	420	40	860	4.00	2.16	80.0	0	0.0	10	12.0	34.0	26.0	6.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		530	33	792	5.25	2.94	371.9	790	23.76	*35	16.68	74.20	18.82	4.47	0.00
% of Calories										*26.1%	12.6%	56.0%	32.0%	7.6%	0.0%
Nutrient Guideline		450-600		640										<10.00	

Mon - 04/29/2019															
GHS Breakfast	Total														
Burrito, Breakfast	1T/2ozE/5 ozC	295	235	315	3.00	2.16	180.0	450	0.0	*0	13.5	31.5	14.0	7.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
String Cheese	1 Piece	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Applesauce - 4.5 oz Cup, Com\$	4.5 oz cup	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		416	151	444	3.14	3.16	457.9	920	4.68	*35	17.82	63.77	11.24	5.84	*0.00
% of Calories										*33.6%	17.1%	61.3%	24.3%	12.6%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

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# Germantown School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

GHS Breakfast

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/30/2019															
GHS Breakfast	Total														
Fr Tst Stks, INDV WG -4#	4 Sticks	202	141	355	3.21	1.93	93.7	201	0.0	*N/A*	10.31	29.85	4.95	1.47	0.00
Sausage, Patty, JTM, 1	1 Patty	121	26	172	0.00	0.00	16.0	56	0.0	0	6.0	1.0	10.0	3.70	0.00
Syrup, Heinz, LoCal 1oz Skip@	1 Cup	50	0	15	0.00	0.03	0.0	0	0.0	*N/A*	0.0	13.0	0.0	0.00	*N/A*
Cereal, Cinn Tst Crunch Box %	Box	110	0	160	2.00	3.60	80.0	400	4.8	8	1.0	22.0	3.0	0.50	0.00
Cereal, Trix Box %	Box	110	0	140	1.00	4.50	80.0	400	4.8	7	1.0	24.0	1.0	0.00	0.00
Yogurt, Trix - 4 oz	4 oz Cup	100	4	50	0.00	0.00	100.0	500	0.0	*N/A*	3.0	20.0	0.5	0.50	0.00
Fruit, Fresh, Winter Mix	1 Piece	70	0	1	2.73	0.21	23.5	148	26.84	*4	0.75	18.06	0.2	0.04	0.00
Juice, Cup, Assorted \$	1 - 4 oz Cu	60	0	13	0.00	0.00	0.0	0	1.2	13	0.33	14.0	0.0	0.00	0.00
Milk, SKIP - AVG - PF%	8 oz Carton	105	6	165	0.00	0.00	300.0	500	1.2	16	8.0	17.75	0.31	0.19	0.00
Weighted Daily Average		393	91	428	4.55	2.94	351.9	901	23.51	*27	14.16	75.86	4.49	1.37	*0.00
% of Calories										*27.4%	14.4%	77.2%	10.3%	3.1%	*0.0%
Nutrient Guideline		450-600		640										<10.00	

Weighted Average		465	130	578	4.33	3.30	430.8	975	12.62	*38	18.32	75.75	11.06	4.20	*0.00
										*74.4%	15.8%	65.1%	21.4%	8.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	465		450 - 600	100%				
Cholesterol (mg)	130							
Sodium 1 (mg)	578		640					
Sodium 2 (mg)	578		570				8	Correction Required - Sodium too High
Fiber (g)	4.33							
Iron (mg)	3.30							
Calcium (mg)	430.8							
Vitamin A (IU)	975							
Sugars (g)	38	33.07%			Missing			
Vitamin C (mg)	12.62							
Protein (g)	18.32	15.75%						
Carbohydrate (g)	75.75	65.12%						
Total Fat (g)	11.06	21.39%						
Saturated Fat (g)	4.20	8.12%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.